

The X factor

New CBC series, X Company, delves into real Canadian spy stories
PAGE 13

HALIFAX

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NEWS
WORTH
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Murder plot suspects

More charges laid against Lindsay Kaniththa Souvanharath, left, and Randall Steven Shepherd **STORY, PAGE 4**

JEFF HARPER/METRO



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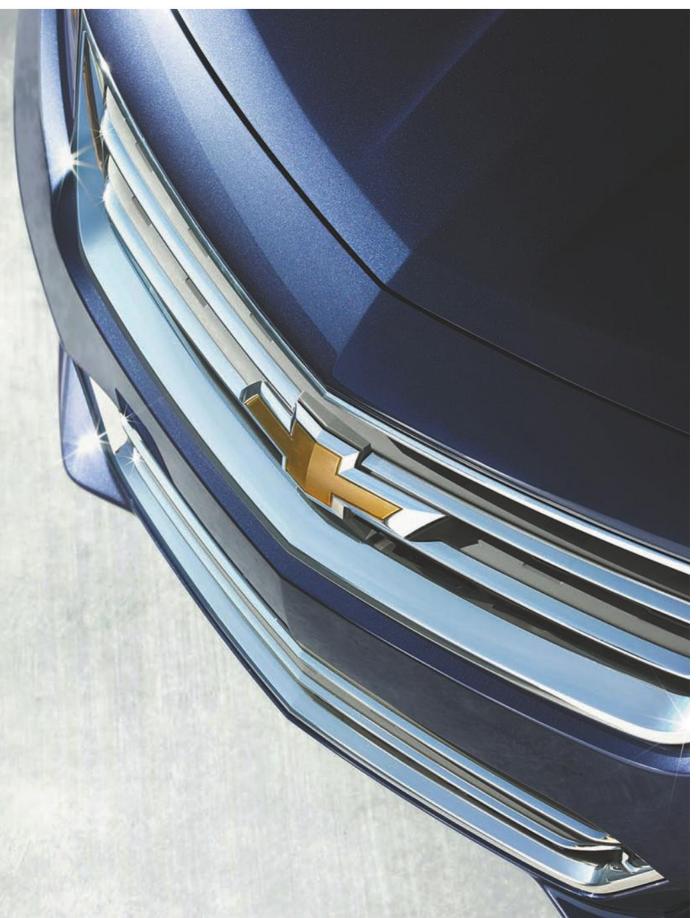
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Don't expect more money for snow-clearing: Councillors

Winter. Suggestions for a budget increase don't seem likely

 **RUTH DAVENPORT**
ruth.davenport@metronews.ca

Two regional councillors say they have questions for city staff about the snow-clearing efforts in Halifax over the last few weeks, but they're not prepared to ask for an increase to the budget just yet.

HRM's department of Transportation and Public Works, which includes the winter works program, will present its 2015-16 draft budget and business plan to council's committee of the whole Wednesday morning.

The budget for the annual snow removal program was about \$20 million in 2014-15, and Coun. Steve Craig — who described the initial snow-clearing efforts in his district as "godawful" — said he won't call for an increase in that figure.

"I would be supportive, if needed, to examine the processes, not necessarily to spend extra resources at this point," said Craig on Tuesday. "I'm an old process guy and I'm not convinced that we're firing on all cylinders."

Councillors were besieged with complaints about the snow removal when two snow storms in the first week of the month dumped nearly 60 centimetres of snow and ice on the city. A third storm on Sunday



A Bobcat with a sanding attachment makes its way along the sidewalks of Robie Street in Halifax on Tuesday. Two regional councillors say they have questions for city staff about snow-clearing efforts in Halifax over the last few weeks, but they're not prepared just yet to ask for an increase to the budget.

JEFF HARPER/METRO

Quoted

"I've seen an improvement over the last event to this event. Is it the best we can get? I don't know. Maybe this is the best we can get under these conditions."

Coun. Steve Craig

brought heavy snow and then rain, which flooded city streets and turned to ice when the temperatures fell.

Some of the city's external contractors were penalized for not meeting service standards after the first two storms, and Craig said that motivated at least one contractor to bring in extra equipment to tackle the sidewalks after Sunday's storm.

He said that resulted in a "marked improvement," suggesting the city's problems aren't financial.

"Previous to any increase in budget or manpower and equipment, I would be concerned with an evaluation of our standards, the expectations, how we implement things to improve the overall situation as best we can," said Craig.

More snow

- Environment Canada has issued another special weather statement for Halifax, with upward of 15 centimetres of snow possible from a system forecast to strike on

Thursday. The storm will develop off the east coast of the United States on Wednesday evening before crossing Nova Scotia on Thursday.

climate change and the expectation that it will bring more severe snow and particularly ice events to the East Coast.

"That is something that we need to be anticipating and planning," she said. "What that means, I'm not sure, but that's all part of the conversation that definitely needs to happen."

Lukewarm reception for transit redesign

Transit critics say at first blush, the draft plan for redesigning Halifax's transit network missed the mark on one key aspect.

"To really compete with ... driving, a transit system needs to provide a similar level of convenience, and that means on the main corridors, high frequency for the whole day," Our HRM Alliance spokesman Tristan Cleveland said Tuesday.

Halifax Transit unveiled the draft plan Tuesday morning, asking city residents to weigh in. A press release stated the goal of the plan was to "invest in the most popular routes," and "offering faster commutes during rush hour."



Passengers board a Halifax Transit at the Dartmouth bridge terminal on Tuesday. JEFF HARPER/METRO

The new "corridor" routes are set to run every 15 minutes during rush hour, but at 30-minute intervals the rest of the day.

Cleveland said that's of no use to people who don't work nine-to-five or who might want

to use transit outside rush hour.

He said it will also affect the use of transfers, another key element of model transit systems in other major cities.

"If you transfer and you have to wait a half-hour for the next bus, that's a pain in the

At a glance

- Maketransitbetter.ca – the site where you can find the draft plan of the network redesign and a survey on the proposed changes.

"There's some good stuff in there, but there's ... not the kind of commitment we'd like to see to really strong corridors in the really, really key areas," said Sean Gillis.

Gillis said there are several areas of improvement in the draft plan, but said it appears it's not a completely new reboot of the system, missing the opportunity to do something "wildly better."

"It's clearly not the bold from-scratch review of the network that we were hoping for," he said.

"How deeply did they sit down and think of a new approach?"

RUTH DAVENPORT/METRO

1
NEWS

Two accused in murder plot make first court appearance

Crime. Crown lawyer says she's never encountered a case like this in her career



HALEY
RYAN

haley.ryan@metronews.ca

The man and woman accused of plotting a Halifax mall shooting sat on a bench separated by sheriffs, the woman with a small smile on her face and her chin slightly in the air, the man's blond hair falling into his eyes as he stared straight ahead.

Lindsay Souvannarath of Geneva, Ill., 23, and 20-year-old Randall Shepherd of Halifax appeared briefly in Halifax provincial court Tuesday morning and did not look at one another.

Both were arraigned on charges of conspiracy to commit murder until their next appearance on March 6. Crown information submitted to the court shows Shepherd and Souvannarath also now face charges of conspiracy to commit arson, illegal possession of weapons for a purpose dangerous to the public and making a threat through social media.

The RCMP say the accused were planning a mass shooting at the Halifax Shopping Centre on Valentine's Day, intending to kill residents and then themselves.

"I would say (it is) very unusual for here. I certainly haven't encountered anything like it," Crown attorney Shauna MacDonald of the special prosecutions unit told reporters outside court.

The Crown information alleges that the offences occurred between Jan. 6 and Valentine's Day, and were car-

Penalty

Conspiracy to commit murder has the potential to carry a life sentence.

ried out with James Gamble, a 19-year-old man found dead in his Timberlea home on Friday.

A social networking website believed to be linked to Gamble features pictures of weapons, Nazi symbols and images relating to the Columbine High School massacre of April 1999.

Souvannarath came into court first and sat wearing a white sweater, while Shepherd wore a black jacket and T-shirt with his shoulder-length hair hanging in strands across his face.

A duty counsel lawyer said both need time to find a defence lawyer and will not be seeking bail. MacDonald said their matters will continue in provincial court until a trial is contemplated.

MacDonald said she had a "very limited" amount of disclosure, but more information is expected to come from police over the next few weeks.

After being asked why the case is considered conspiracy, MacDonald said it means the police allege two people have arrived at an agreement.

"It can be a conversation," MacDonald said.

Although the possibility of a mass shooting in Halifax shocked the city and country over the weekend, MacDonald said the Crown approaches every prosecution the same way, "recognizing the serious nature of the offence."

The fact Souvannarath is American may have implications for her, MacDonald said, adding that she hasn't heard anything about extraditing her back to the U.S.



Lindsay Souvannarath, of Geneva, Ill., arrives at provincial court in Halifax on Tuesday morning surrounded by sheriffs. Police allege Souvannarath was planning a mass shooting at the Halifax Shopping Centre on Valentine's Day with an accomplice. TIM KROCHAK/THE CANADIAN PRESS



Randall Shepherd arrives at provincial court in Halifax.
TIM KROCHAK/THE CANADIAN PRESS

Online

Columbine still haunts

After almost 16 years, the slaying of 12 students and a teacher at Columbine High School in Colorado continues to make its way into the news, surfacing this month when images of it were found on a website believed to be linked to the deceased suspect in the alleged plot to open fire at a Halifax shopping mall.

Christopher Ferguson, a behavioural psychologist at Stetson University in the United States, said there are those who worship the

Columbine shooters — students Dylan Klebold and Eric Harris — as though they are rock stars. The pair killed themselves after their rampage.

Columbiners are members of an online community who share information and post content related to the notorious massacre.

But Ferguson cautioned that the Columbine massacre isn't what motivates mass shooters, saying such people "got to where they were in terms of their mental-health status ... through things that had nothing to do with Columbine."

THE CANADIAN PRESS

Police 'truly humbled' by public support

After an outpouring of support for police following arrests and charges connected to an alleged foiled mass-shooting plot on Valentine's Day, RCMP and Halifax Regional Police want to say thanks.

Last Friday, police arrested

23-year-old Lindsay Souvannarath of Illinois and 20-year-old Randall Shepherd of Halifax and charged them with conspiracy to commit murder.

"That this event was planned was an eye-opener to all and has shocked Haligonians and Nova Scotians

to their core," a release from RCMP Assistant Commissioner Brian Brennan and Halifax Regional Police Chief Jean-Michel Blais said Tuesday.

"Although we regularly plan, train and equip for incidents such as this, it has equally shocked us in the poli-

cating community."

Police in Halifax say the pair were allegedly plotting to open fire in the Halifax Shopping Centre on Valentine's Day before killing themselves, and they were also planning with a 19-year-old Timberlea man who was found dead in

his home Friday.

Investigators were alerted to the plot due to a tip through Crime Stoppers, police say.

Since police across the province have thousands of interactions with the public everyday, not all positive, the

release said it means a lot when citizens take the time to thank police through social media, phone calls, cards and even by dropping off baked goods.

"We are truly humbled," the release said.

HALEY RYAN/METRO

CBRM says no to funding outdoor shows

Entertainment. Sydney area hosted Aerosmith last September

Unlike the City of Moncton, with its support of mega outdoor concerts such as AC/DC this September, the Cape Breton Regional Municipality has no intention of getting into

show business.

CBRM Mayor Cecil Clarke has said the municipality doesn't have the financial means to back a concert the size of AC/DC, or even the Aerosmith-headlined Cape Fest held in Sydney last year.

"We just don't have the capacity," said the mayor, who added that the Aerosmith concert received significant in-kind support from CBRM.

Clarke said municipal staff from several departments, including parks and grounds, public works, facilities, recreation and the police, were pulled together to support promoter Martin Entertainment and the venue at Open Hearth Park.

"It was logistical support across the whole board and had we not had that level of municipal co-operation, I don't think they could have done the

In Halifax

2011

The last time a major outdoor concert was held in Halifax.

event," Clarke said.

The Sept. 12 concert attracted about 15,000 music fans, and economic spinoffs

were estimated at \$10 million, according to its promoter Alex Martin.

Martin pulled the plug on plans for Cape Fest 2015 on Wednesday, only hours after the AC/DC concert announcement. He said the likelihood of an outdoor concert in 2016 depends on whether the province is willing to provide money for infrastructure such as staging and cleanup. CAPE BRETON POST



Aerosmith rocks out in Cape Breton last September. CAPE BRETON POST

Music. Adams ready to fall in love with Halifax again

Halifax's one-night love affair with Bryan Adams is set to kick off Wednesday night when the legendary rocker takes the stage.

Adams' performance begins at 8 p.m. at the Scotiabank Centre as part of his Reckless Tour.

Tickets for the back sections of the floor and lower bowl were still available Tuesday, as well as seats in the upper bowl.

Prices range from \$28.50 to \$107 and are available at the Ticket Atlantic box office, by phone at 902-451-1221, participating Atlantic Superstore outlets or online at ticketatlantic.com.

A Canadian star, Adams rose to fame with the album Cuts Like a Knife and 1984's Reckless, which featured hits such as Summer '69, Heaven and One Night Love Affair. METRO



Bryan Adams performs at the MTS Centre in Winnipeg in January.

DAVID LIPNOWSKI/FOR METRO

TV. Book of Negroes miniseries a ratings hit

It appears the CBC had a hit on its hands in the miniseries The Book of Negroes, which ended its six-week run on Feb. 11.

The network recently announced that the premiere, which aired on Jan. 7, captured an audience of 1.9 million. More than 1.6 million Canadian viewers returned to watch the second installment of the miniseries the following week.

Those numbers far out-

paced other popular CBC shows in those weeks including The National, The Rick Mercer Report and Dragons' Den.

The show will be introduced to viewers in the U.S. on the BET network later this month.

The miniseries was filmed in South Africa and Nova Scotia, including Cole Harbour, Louisbourg and Shelburne.

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Student group calls for needs-based grants

An advocacy group representing post-secondary students in Nova Scotia is changing its tune on financial support for learners.

A vision paper released by Students Nova Scotia on Tuesday calls for governments to focus on needs-based grants and reallocate funds currently spent on tuition and education tax credits and the Federal Education Savings Grant.

A release states that

Quoted

"Improving targeted financial assistance is the only way to ensure all qualified Canadians can afford to attend post-secondary education."

Brandon Hamilton, StudentsNS president

these programs "disproportionately support higher-income students and their families," to the tune of nearly \$3 billion a year.

The group says targeted

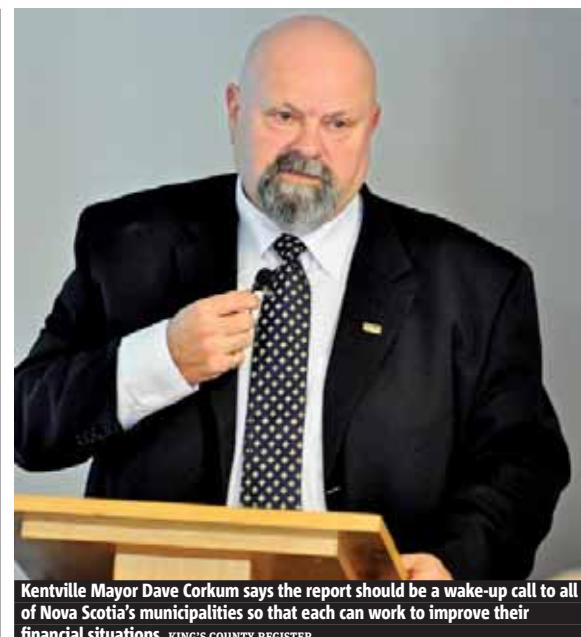
financial assistance will make post-secondary education more affordable without spending any new money.

"Improving targeted fi-

nancial assistance is the only way to ensure all qualified Canadians can afford to attend post-secondary education without elevated debt," states StudentsNS president Brandon Hamilton in the release.

The paper argues that better financial assistance also provides students a reasonable standard of living — again without accumulating heavy debt.

RUTH DAVENPORT/METRO



Kentville Mayor Dave Corkum says the report should be a wake-up call to all of Nova Scotia's municipalities so that each can work to improve their financial situations. KING'S COUNTY REGISTER

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N.S. towns not meeting finance criteria: Report

Financial viability

Three of the province's municipalities may face a full review after failing to satisfy base economic standards

Nova Scotia

54

There is a total of 54 municipalities across Nova Scotia.

for all of us ... to sit up and take notice and maybe improve situations," he said.

Furey agreed, noting that Hantsport, which has applied for dissolution, would not have been subject to an automatic review under the grading system.

He said that in the Hantsport case, local leaders recognized there were long-term trends that cast doubt on whether the town could remain financially viable.

The Municipal Affairs Department says the index released Tuesday indicates Westville, Clark's Harbour and Mulgrave are not meeting enough benchmarks to be considered financially viable.

Under a grading system

that ranks performance in 15

categories including revenue,

budget deficits and capital assets, the towns received red

warnings in six or more over a

three-year period.

Municipal Affairs Minister

Mark Furey said he is working

with municipalities to finalize

the review process, which was

recommended in a fiscal report

released last fall.

Kentville Mayor Dave Corkum said the data in the online report is a valuable indicator but he cautioned that a lack of red warnings under the criteria doesn't mean towns are

on a solid financial footing.

Corkum said as many as 10 face significant financial challenges.

"I think this is a calling card

In the case of Parrsboro, Furey said his deputy minister had been in discussions with town officials over the last week.

THE CANADIAN PRESS

Burned-out Whitney Pier church starts on road to reconstruction



The Whitney Pier church was destroyed by a fire in November 2014. Parish officials are expecting to meet with insurance adjusters to get a sense of what funds will be available to rebuild. CAPE BRETON POST

Cape Breton. Parish officials expect soon to have a good idea of how much money will be available for rebuilding

Officials from St. Mary's Polish Parish expect to meet with insurance adjusters this week — the next in a series of steps on the path to rebuilding the Whitney Pier church.

Tom Urbaniak, chairman of the parish council, said that meeting will give them a good sense of what funds they will have for the rebuild, as the bulk of the construction budget will come from the insurance settlement.

"We hope to have a better idea about what the final insurance settlement will be, and that will be a big part of

determining what the budget of the rebuilding will be," he said.

"The church was insured for replacement value — the building and contents — but there are some caps for particular categories, and that's what we're working on understanding and working through."

Urbaniak said that the Diocese of Antigonish has given St. Mary's the green light to move forward with the construction of a new church.

"The diocese is on-side," he said.

"The council of priests was very much in favour of the rebuilding and subsequent to that we met with the bishop who was also in favour of rebuilding."

Urbaniak said they're hoping to begin construction of a new church as quickly as possible.

"It's difficult to say defin-

itively what the start date will be, because that depends in part on how quickly we can complete the process with insurance, but certainly the hope is that we have the first shovel in the ground by the summer," he said. "That would be very uplifting for all of us."

Since the Nov. 29 fire, donations toward the rebuild and words of support and encouragement for the parish have been received from people and churches across Canada and other countries.

"We have been receiving wonderful support, beyond anything we imagined," said Urbaniak.

As examples, he noted that the Lake Ainslie Presbyterian Church — which itself was destroyed by a fire in 2011 and rebuilt in 2012 — took a collection and sent the donations to St. Mary's.

CAPE BRETON POST

Minister cleared of wrongdoing in ferry conflict case

Nova Scotia's conflict of interest commissioner has cleared a cabinet minister of any wrongdoing for not disclosing funding information to the media last month about the ferry service between Yarmouth and Maine.

Progressive Conservative

Chris d'Entremont wrote to Merlin Nunn, asking him to look into comments made by Economic Development Minister Michel Samson.

D'Entremont alleged Samson violated the Conflict of Interest Act because he was "not truthful or forthright

to the public" when he told reporters on Jan. 15 that the government had not given ferry operator Nova Star Cruises more than \$26 million in public funds that had already been disclosed.

Under Section 18 of the act, ministers are required to

be "truthful and forthright and not deceive or knowingly mislead the house of assembly or the public." Samson disclosed on Jan. 18 that he had known about \$2.5 million in additional funding since Dec. 23.

In his five-page ruling,

Nunn says the implication that Samson should have revealed to the media that the additional money was given "really has no merit" because it was up to the minister to decide when to make it public.

Nunn says the legal re-

quirement for the disclosure comes under the Economic Development Assistance Act, which gives the minister 30 days. That obligation was met with the new release on Jan. 18 that announced the additional spending, he says.

THE CANADIAN PRESS

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Politics

Tories criticized for vaccination education cuts

The Conservative government cut funding to a federal immunization program even as public skepticism about vaccinations was growing in the midst of the swine flu outbreak in 2009, documents show.

The Conservatives have cut funding to the program — an initiative that educates Canadians about the importance of immunization — by a total of 23 per cent since 2006.

On Tuesday, Liberal Leader Justin Trudeau took a swipe at Prime Minister Stephen Harper for the spending reduction as dozens of North American communities find themselves grappling with measles outbreaks. **THE CANADIAN PRESS**

Terrorism

Court hears accused thought of triggering volcano

A man accused of plotting to derail a Canadian passenger train also thought about triggering a catastrophic volcanic blast in the United States, his trial heard Tuesday. An undercover FBI agent said Chiheb Esseghaier pondered the possibility of getting the volcano in Yellowstone National Park to erupt. Esseghaier is charged with terror-related offences. **THE CANADIAN PRESS**

Religion. Party leader says mosques should be probed before opening in Quebec

The leader of Coalition for Quebec's Future said Tuesday all mosques should be investigated prior to being allowed to open in the province.

François Legault, head of the third-most popular party in Quebec's legislature, said a public body should be created to investigate people who potentially disagree with so-called Quebec values. Legault said the body would be able to find out if "applicants (for mosques) have consistently denigrated Quebec values."

He said municipal authorities could use information col-

lected by investigators in order to deny permits to people wanting to open mosques in the province. Legault's comments were in reaction to news that a Quebec town north of Montreal bowed to citizen pressure and denied a zoning change that would have allowed people to build a mosque.

Due to the absence of provincial regulation on reasonable religious accommodation, Legault said the mayor of Shawinigan, Que., was simply responding to concerns from citizens and doesn't deserve to be criticized. **THE CANADIAN PRESS**

Mulcair slams anti-terror laws over broad wording

Information-sharing measures in proposed anti-terrorism legislation are so broadly worded they would allow the government to spy on its political foes, NDP Leader Tom Mulcair says.

Mulcair took exception Tuesday to the bill's mention of interference with infrastructure or economic stability as activity that undermines the security of Canada.

The wording is sufficiently vague to permit a Canadian Security Intelligence Service (CSIS) investigation of anyone who challenges the Conservatives' social, economic or environmental policies, he said during the daily question period.

"What's to stop this bill from

being used to spy on the government's political enemies?"

Prime Minister Stephen Harper dismissed the suggestion, telling the House of Commons the NDP had entered the realm of conspiracy theory.

The bill introduced late last month would give CSIS power to disrupt suspected terror plots, thwart financial transactions and covertly interfere with radical websites.

The legislation would also relax the sharing of information about activity that undermines the security of Canada — "a new and astonishingly broad concept," law professors Craig Forcese and Kent Roach wrote in an analysis published Tuesday. **THE CANADIAN PRESS**



A resting place for Canada's spies?

People are shown placing Christmas wreaths on gravestones in 2013 at Ottawa's Beechwood Cemetery during a ceremony for Wreaths Across Canada honouring military veterans. The Canadian Security Intelligence Service (CSIS) wants to create a national burial site for its employees at the cemetery. The intelligence service and an organization representing many former spies have approached Beechwood about reserving part of the venerable resting place for CSIS members and their families. **FRED CHARTRAND/THE CANADIAN PRESS**

Visions of freedom keep Fahmy going

Egypt. 'What's driving me is that I have this vision of finally landing in Canada,' says imprisoned journalist



Canadian journalist Mohamed Fahmy and his fiancée in a photo posted to Twitter on Feb. 13, 2015.
TWITTER/THE CANADIAN PRESS

ence has improved considerably ever since he was allowed to walk out of a local police station on bail last Friday, but the 40-year-old emphasized that his ordeal continues.

He lives in what he calls a "legal limbo" — he doesn't have any identification, has to report to authorities daily and will be returning to a Cairo courtroom on Monday for the resumption of his trial, where he will once more enter a cage in which prisoners are held.

"This struggle and this case is far from being over," Fahmy said, adding he was extremely grateful for the support he has received from Canadians. **THE CANADIAN PRESS**

ing in Canada. Just being a free man that will not worry about anything," Fahmy said.

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Weapons

Putin suggests U.S. is sending arms to Ukraine

Russian President Vladimir Putin is suggesting that the United States is already delivering weapons to Ukraine.

At a news conference Tuesday in Budapest with

Hungarian Prime Minister Viktor Orban, Putin was asked how he assessed the possible consequences if the United States decides to supply lethal weapons to Ukraine in its fight against Russian-backed separatists.

He answered that "according to our information, these weapons are already being delivered."

THE ASSOCIATED PRESS

Copenhagen

No sign gunman was planning attacks

Despite a warning from prison authorities that the gunman behind a weekend shooting spree in Copenhagen was at risk of being radicalized in jail, Danish intelligence officials insisted

Tuesday they had no reason to believe he was plotting attacks after his release.

Omar Abdel Hamid El-Hussein was killed in a shootout with a SWAT team early Sunday after attacks on a free speech event and a synagogue that killed a Danish documentary filmmaker and a Jewish security guard and wounded five police officers.

THE ASSOCIATED PRESS

Security Council

UN to meet in emergency session on Libya

The UN Security Council will meet on Libya in an emergency session Wednesday, as permanent council members expressed support for a resolution on a response to the country's crisis.

The meeting comes as Egypt presses the council to take action after ISIL posted a video of the beheading of 21 Egyptian Coptic Christians.

At a meeting Tuesday between Egypt's foreign minister and the five permanent council members, "we agreed we would be working together on a draft resolution," Russian Ambassador Vitaly Churkin told reporters.

THE ASSOCIATED PRESS

France tracking many possible sleeper cells

Terror organizations.

France aims to intercept the radicalization process and treat jihadi material on the Internet as a criminal act

France is tracking hundreds of people believed to belong to possible sleeper cells for terror organizations like al-Qaida or the Islamic State of Iraq and the Levant (ISIL), the country's top security official said.

In an interview with The Associated Press, Interior Minister Bernard Cazeneuve laid out what has become an increasingly urgent question for European intelligence services: How to trace the moment when someone transforms from a disgruntled criminal or a disaffected citizen into a terrorist, and how to block those first steps toward radicalization.

"Four hundred targets have been identified by our intelligence services that are more or less sleeper cells, affiliated or in relation with al-Qaida-type organizations, that can strike like the Kouachi

brothers," Cazeneuve said in an interview late Monday.

Said and Cherif Kouachi were French-born brothers who killed 12 people in Paris on Jan. 7, when they stormed the satirical newspaper Charlie Hebdo. They were shot dead by police in a confrontation two days later.

Cazeneuve said he wants new measures to give intelligence services more leeway to monitor suspects' electronic communications. He is heading to the United States on Wednesday to try and persuade Internet giants to step up and help stem extremists' ability to use propaganda videos to recruit and indoctrinate new followers.

Facebook, Twitter, Apple and Google — all major vectors for increasingly sophisticated jihadi clips targeting potential followers in the West — will be among his stops in Silicon Valley.

"Ninety per cent of those who commit terrorist acts fall into it after regularly consulting websites or blogs that call for or provoke terrorism," Cazeneuve said.

With the news that the suspected gunman in the deadly Copenhagen attacks this weekend may have been

Quoted

"When you have terrorists who keep a low profile for years and then suddenly decide to act — either to obey an order from large terrorist organization such as al-Qaida or of their own volition — then you need to be able to monitor them on a long term."

French Interior Minister Bernard Cazeneuve

radicalized during a series of stints in jail — like at least two of the gunmen in the Paris attacks last month — Cazeneuve's trip to the U.S. to strengthen intelligence sharing between governments and win over the tech firms takes on added importance.

The pace of foreign fighters joining ISIL and other extremist groups has not slowed and at least 3,400 come from Western nations among 20,000 from around the world, U.S. intelligence officials say.

THE ASSOCIATED PRESS



Kosovo marks 7th anniversary of independence

A combination of pictures shows people gathering on February 17, 2008 (top) around the Newborn monument in Pristina and (bottom) seven years later on February 17, 2015. Kosovo marked a sombre seventh anniversary of independence from Serbia as the mainly ethnic Albanian territory grapples with an exodus triggered by deep economic malaise. ARMAND NIMANI/AFP/GTET IMAGES

More than a dozen killed in Haiti after float hits power line



A woman cries for her brother at the General Hospital of Port-au-Prince on Tuesday, after an accident during celebrations of the National Carnival of Haiti. THE ASSOCIATED PRESS

At least 16 people were killed early Tuesday in the Haitian capital after a man on top of a musical group's Carnival float was shocked by high-voltage wires above the street, setting off a panic in which dozens of people were trampled, officials said.

The accident occurred as thousands of people filled the streets of downtown Port-au-Prince for the raucous annual celebration. Video from the scene showed sparks coursing from the wire after a singer from the Haitian hip-

hop group Barikad Crew was jolted by the overhead power line as the float passed beneath it. The cable appeared to have shocked several others as well.

Prime Minister Evans Paul said 16 people were confirmed dead and 78 were injured. His statement conflicted with earlier reports on the number of casualties. Nadia Lochard, a co-ordinator for the Department of Civil Protection, had said at least 20 people were killed.

Paul declared three official

days of mourning for the impoverished Caribbean country. Haitian officials cancelled Tuesday's third and final day of Carnival events and announced a state funeral and vigil on Saturday for the victims.

The singer who was hit by the power cable, a man known by the stage name Fantom, was expected to survive, according to a doctor who spoke to radio station Zenith-FM. The information could not be verified immediately.

Dr. Joel Desire, a doctor at General Hospital, said most of those killed appeared to have been trampled to death as the crowd surged away from the Carnival float, one of 16 in the downtown parade.

Witnesses said panic ensued when people jumped off the float to avoid being electrocuted.

"I saw the wire falling and sparks and I started running for my life," said Natacha Saint Fleur, a 22-year-old who was near the float at the time.

THE ASSOCIATED PRESS

Makers of 'female Viagra' try again for approval

Flibanserin. FDA holding back because of pill's lacklustre effectiveness and side effects such as fatigue, dizziness and nausea

The makers of a twice-rejected pill designed to boost

female libido are resubmitting their drug to American health regulators, following a recent lobbying blitz by politicians, women's groups and consumer advocates aimed at pushing it onto the market.

Sprout Pharmaceuticals said Tuesday it is resubmitting its application for the drug, flibanserin, adding new information requested by the Food and Drug Administration

about how the pill affects driving ability after nearly 10 per cent of women in trials reported sleepiness.

If approved, Sprout's daily pill would be the first drug for women who report a lack of sexual desire, a market that drugmakers have been trying to tap since the blockbuster success of Viagra for men in the late 1990s.

In an effort to break

the FDA regulatory logjam, groups sponsored by Sprout and other drugmakers have begun publicizing the lack of a "female Viagra" as a women's rights issue.

"Women deserve equal treatment when it comes to sex," states an online petition to the FDA organized by one group, Even the Score, which garnered 25,000 supporters.

THE ASSOCIATED PRESS



Sprout Pharmaceuticals, makers of the twice rejected female-sex-drive pill, flibanserin, said Tuesday it is resubmitting its application. THE ASSOCIATED PRESS FILE

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Natural gas: \$2.759 US (-4.5¢)

Dow Jones: 18,047.58 (+28.23)

Employment

Bill aims to protect unpaid interns

Parliament is debating an NDP private member's bill that would give unpaid interns workplace standards and safety protections under the Canada Labour Code.

The bill, tabled last spring by Quebec MP Lauren Liu, would ensure that all internships are linked to educational programs and primarily benefit the intern, not the employer.

THE CANADIAN PRESS

The Strong. Museum adds Video Game Hall of Fame

The museum that houses the National Toy Hall of Fame announced Tuesday the creation of the World Video Game Hall of Fame to recognize the impact such games as Pong and Grand Theft Auto have on culture and society.

"Electronic games have changed how people play, learn and connect with each other, including across boundaries of culture and geography," said G. Rollie Adams, president and chief executive of The Strong museum in Rochester, N.Y., where the new hall is located.

The toy hall of fame will provide the model for the video version, which is dedicated to arcade, console, computer, hand-held and mobile games. Anyone will be able to nominate a game, and an internal advisory committee will choose finalists. An annual class of inductees will be



Pong, one of the earliest video games, will be one of the inductees in the new World Video Game Hall of Fame. SEAN GALLUP/GETTY IMAGES

chosen by an international selection committee of journalists, scholars and other video game experts based on four criteria: icon-status, longevity, geographical reach and the influence it has had on the design of other games, entertainment, popular culture and society in general.

Nominations for the inaugural class are being accepted through the end of March.

The Strong's collection includes more than 55,000 video games and related artifacts, along with personal papers and corporate records that document the history of video games.

THE ASSOCIATED PRESS

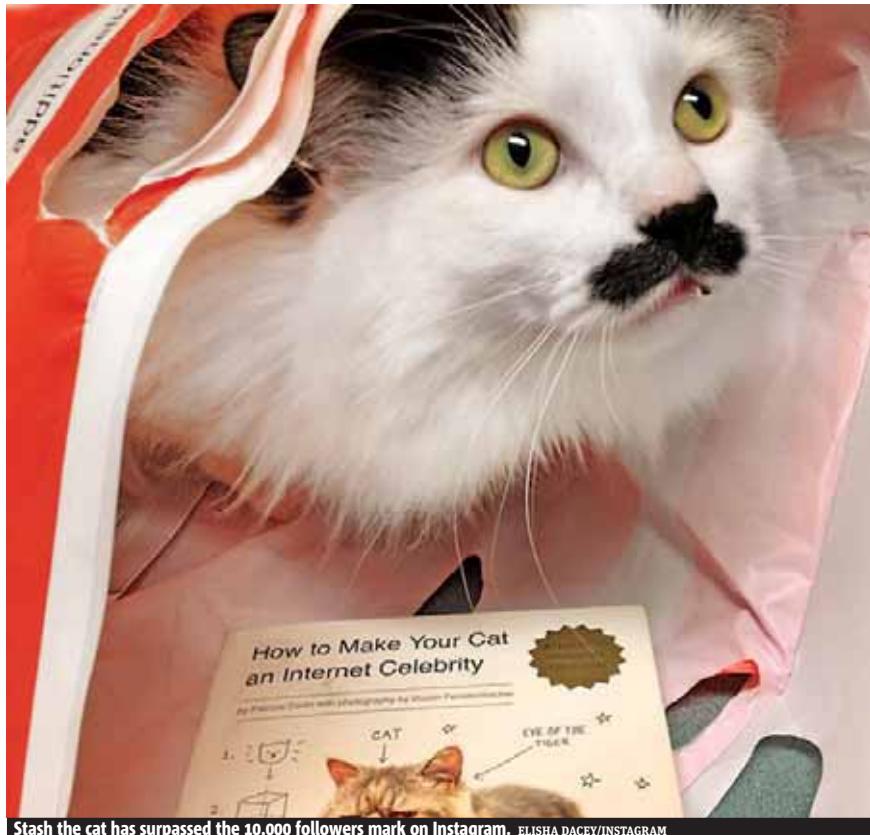
"Electronic games have changed how people play, learn and connect with each other..."

G. Rollie Adams, president and chief executive of The Strong museum.

VOICES

MY CAT IS ALMOST FAMOUS

4,500 photos, 10,000 Instagram followers and one hell of a cute feline: What Stash the Moustache Cat has taught me about making it on the Internet



Stash the cat has surpassed the 10,000 followers mark on Instagram. EISHA DACEY/INSTAGRAM

 **EISHA DACEY**
readers@metronews.ca

I have taken about 4,500 photos of my cat in the past year.

I am not a crazy cat lady. I mean, I love my cats but I never took 4,500 photos of my previous pets. Or my kid. (Well, I might have taken that many of my kid.)

I am the owner of Stash the Moustache Cat. He was an experiment in going viral that's proven that to be almost famous on the Internet, you just need something really remarkable — and a lot of luck. And it helps if it's a cat.

Stash was just your average family pet (with a distinctive moustache marking on his face) in January 2014 when we at Metro decided to see if we could make him go viral.

Cats with moustaches are actually a thing online. They're called Kitlers. This is something I learned over a month of posting his photos on Instagram. When the month was done, Stash had about 1,000 followers. Not bad, but hardly viral.

So I decided to keep going on my own, posting roughly four photos a day of Stash getting belly rubs, freaking out at the patio door over the backyard bunnies and falling off of things.

It's been a year, and Stash has passed the 10,000-follower mark on Instagram. His follower count grew by 2,000 in only one night when another popular Instagram account asked me if it could feature him. His popularity is weird and hilarious to me.

Here's what I've learned:

1. Cat people are obsessed. Some people love Stash as much as they love their own kitties.

They get very upset or worried if I don't post enough photos. I once posted a photo of Stash in a carrier and said we were off to the vet. It was time for his annual checkup, and we also shaved him down for the summer.

Not only were people genuinely worried something was wrong with him, I had a few people leave comments about how mad they were that I would shave my cat's fur. Stash is a real part of some of his followers' lives, and yet he's never met them.

2. The online cat community is a bully-free zone. Jerks are not tolerated.

3. When I post, I pretend that Stash is speaking. I can't believe the number of people who talk to him like he's a human.

4. The quality of the photo matters. Good photos always get more likes than mediocre ones.

5. That said, sometimes the mediocre photos get more likes, simply because a well-connected person shares the photo.

6. Stash's formula for success: good photo with mildly amusing caption, and the photo MUST contain the moustache in some way.

The experiment will continue. I will keep posting photos between meetings, in the elevator, on my lunch break, even during my daily conference call with the other Metro editors (sorry, guys).

Stash isn't viral. There are a lot of Internet Kitlers. But we've built a community 10,000 strong. Not bad for a clumsy cat with a moustache.

Elisha Dacey is the managing editor of Metro Winnipeg. Find her at elishadacey and find her cat on Instagram at StashTheMoustacheCat.

Watching the red carpet doesn't make me a bad feminist

 **MELISSA DUNNE**
readers@metronews.ca

With the Academy Awards mere days away, people are talking — and not just about who will take home those little gold statues.

The question 'Who are you wearing?' will be asked over and over again on Sunday. I may be a card-carrying feminist but I still love the Oscars pre-show, particularly the inherent snarkiness of the question and the silliness of the red carpet in general. Other feminists disagree.

The "Who are you wearing?" query has become just one example of what some see as a deeply shallow and sexist ritual. The backlash went into overdrive this awards season when comedian Amy Poehler's Smart Girls community Twitter page posted: "The #RedCarpet is open and we want the media to #AskHerMore! Let's go beyond 'who are you wearing?' and ask better questions! #GoldenGlobes."

Um, I have a question: Really? The bad queries are half of the fun. When I'm watching award pre-shows I don't want to hear opinions from men or women on the Keystone XL pipeline. I want to know more about their extra-

gant outfits. Isn't that the point of the hours-long parade of Chanel and Dior and Armani, anyway? There is a time and a place for everything. The red carpet is the time and place to celebrate the glitz and glamour of Tinseltown, not ask the hard-hitting questions.

There is no denying women tend to get asked more about fashion and diets than their male counterparts. BuzzFeed, with tongue firmly in cheek, found a fun way to make sure the men were also asked some lighter questions before the BAFTA Awards. The men's answers to what they were wearing, if they would twirl, and whether they were donning Spanx, were revealing and hilarious.

And that's the point. The red carpet can be laughable; the questions should be equally so. The time to ask the male directors and producers who still largely control Hollywood some seriously tough questions is after the awards are handed out. My suggestions? Why are women often relegated to playing moms and wives once they hit 30? Can you not promote more than one standard of female beauty? Why are there not more women directing films? What's with the wage gap in Hollywood?

Let's #AskHimMore.

I probably risk getting my feminist card revoked for saying this, but I don't think many female stars want to be asked more at these events. These stars are savvy businesspeople choosing to walk the carpet to promote themselves, their projects and, ahem, their brand synergies.

The Oscar-winning actor Charlize Theron, for instance, always looks glorious clad in Dior. Why? Because she has a long-term advertising deal with the French fashion house. She also reportedly demanded equal pay for her upcoming flick *The Huntsman* after the Sony hack revealed her male co-star, Chris Hemsworth, was getting paid substantially more than her. I bet if asked about the pay discrepancy on a red carpet she would decline comment. Ask about her dress, and surely she'd purr: "J'adore Dior!"

The late, great Joan Rivers is said to have first posed the sartorial query in the '90s. The comedian once defended her ubi-

quitous and controversial catchphrase, telling Entertainment Weekly, in part: "Other reporters always said, 'I'm not going to ask that. I'm going to ask how (the actors) feel politically!' But actors don't want to hear that!" She was right, for the most part.

Some stars, such as Theron's paramour and two-time Oscar winner Sean Penn, have a penchant for droning on about their political views, whether asked or not. Let's hope someone has the nerve to ask the prickly Penn who he's wearing the next time he's on red carpet.

What could be sillier and snarkier than that?

Melissa Dunne is a Toronto-based freelance writer.



Charlize Theron in Dior at the 2013 Oscars. With a lucrative Dior contract, Theron is probably all too happy to promote what she's wearing on the red carpet, argues Melissa Dunne. GETTY IMAGES FILE

SCENE 2

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GOSSIP

metrone.ca
Wednesday, February 18, 2015

Gossip

NED EHREBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Iggy Azalea DAVID LOPERA



Spanish artist big ups A-listers

This should make the debate about body image issues a little more interesting. While famous women suffer punishing workouts to tone up and slim down, a 20-year-old Spanish artist is taking to Photoshop to plump them up. Like, by a lot. David Lopera has been doing custom images for clients making celebrities like Iggy Azalea, Kim Kardashian, Katy Perry and Mila Kunis significantly rounder. And, he tells the Daily Mail, business is booming.

"Men are always writing to me asking if I can make their (celebrity) crushes look a bit fatter," he says. "These women look much better when they're overweight ... Look at my pictures and you will see that big is beautiful."

Katy Perry DAVID LOPERA

All kowtow to the Tao of Kanye

Kanye West has been in rare form lately, between the Grammys and New York Fashion Week. And in his lengthy interview with Style.com's Dirk Standen, he doesn't disappoint. Here, completely free of context, are some brand-new, appropriately epic Kanye quotes, ready to be applied to your own daily teachings so you can live your best life.

• "I dislike the concept of chic being the highest compliment for a human being. I'd rather someone be nice than to be chic."

• "I'm not going to try and act like I was influenced by a f-king dog walking down the street that broke its ankle that I had a heart-

felt discussion with. I had a heartfelt discussion with all of these f-king Helmut Lang images that I stared at for so many years. I had a heartfelt discussion with my Tumblr."

• "This audience isn't on my side, anyways. It's the fashion audience. They're not even on their own side."

• "I'm a human being. I've got opinions, I'm not always right, I'm not always on time, I don't always say things in the proper way, but my intentions are always extremely pure. My purpose is extremely just."

• "I won't even call it the runway. What would you call a place where a military brigade stands? It's no longer called the runway for me."



Kanye West GETTY IMAGES

Amber Rose kuts Khloe to the kwik with Kylie kwip

What started out as some pretty decent shade-throwing by Amber Rose over rapper pal Tyga taking up with 17-year-old Kylie Jenner has broken out into an all-out Twitter war. Rose first angered the Kardashian clan by telling Power 105 that Jenner is "a baby, she needs to go to bed at 7 o'clock and relax." Which doesn't seem like such terrible advice, but tallest Kardashian Khloe mounted a tweet-based offensive on Rose. "Please don't worry about my sister who has a career and her s--- together at only 17... Please stop talking about us in interviews, mama.

None of us talk about you." There

were also some frog and coffee cup emojis thrown in, for some reason.

This is huge, as it quite possibly marks the first time a Kardashian has ever asked someone to not pay attention to them. Rose did keep talking, though, responding to Khloe and invoking older sister Kim with, "I'll be that (little) whore to support my family like (your) older sister is a whore (to) support hers. We're even." And it goes on from there, including some dispute about the difference between a stripper and a prostitute. Rose even tosses in a reference to O.J. Simpson being Khloe's real father. Enjoy! And choose your sides in this skirmish carefully.



Khloe Kardashian and Amber Rose. GETTY IMAGES

Bieber gets a good old-fashioned egging



Justin Bieber GETTY IMAGES

Things are off to a messy start in the promo run-up to Justin Bieber's much-hyped roasting at the behest of Comedy Central next month. In the first video clip for the event, the tiny Canadian terror is pelted in slow-mo with eggs, hearkening back to his previous arrest for doing the same to a neighbour's house, as the video teases, "Watch Justin Bieber learn how poor, defenceless houses feel." Also, can we do something about Bieber's apparent allergy to shirts? I know he put a lot of time into all those tattoos and wants to show them off, but still.

Jessica Williams 'super not right' for Jon's job

In the immediate aftermath of Jon Stewart announcing his departure from The Daily Show, a lot of people across the Internet voiced their support for current Daily Show correspondent Jessica Williams to take over. Well, Williams heard you, but will have to politely decline. "I'm not hosting. Thank you, but I am extremely under-qualified for the job," she tweeted. "I am super not right for it, but there are quite a few people who are. Can't wait to stick around and see what happens."



Jessica Williams GETTY IMAGES



Actor Evelyne Brochu plays a journalist who is recruited into Camp X. NATHAN DENETTE/THE CANADIAN PRESS

Decoding daily existence at a Canadian spy camp

Series debut. New CBC show X Company depicts agents being trained at WWII espionage school

It's 1942 and a group of Allied agents are training at a top-secret facility — not in Europe, but on the shores of Lake Ontario.

The premise behind the new CBC series X Company stems from a part of Canada's Second World War history that many don't know about, say the stars.

"It really is this thing to be proud of for Canadians," said Dustin Milligan, who was born in Yellowknife and played Ethan Ward on CW's 90210. "In a lot of ways, modern espionage, modern spy craft was developed in Canada."

Debuting Wednesday, X

Company centres on Camp X, which was a spy school on the Whitby-Oshawa border.

The facility trained hundreds of secret agents to work behind enemy lines. It also had a state-of-the-art telecommunications centre.

Milligan plays Tom Cummings, an American advertising expert who specializes in propaganda and manipulation. His co-stars include Evelyne Brochu as Aurora Luft, a French-Canadian/Jewish-German journalist who is recruited into Camp X after joining the Resistance in France.

Connor Price plays Harry James, the youngest of the spies who acts as the radio operator and explosives expert. The five agents at the training centre were plucked from their everyday lives to become spies and their vulnerabilities show while they're in the field.

The other spies are played

Quoted

"They're not perfect and they're not superheroes. They are heroes, though, and to me that's extremely relatable." Montreal-born Evelyne Brochu, who co-stars on the CBC series X Company. She also played a French scientist on Orphan Black.

by Jack Laskey and Warren Brown. Other cast members include Flashpoint star Hugh Dillon as the leader of the camp and Lara Jean Chorostecki as the leader of the all-female staff of the telecommunications centre.

Mark Ellis and Stephanie Morgenstern created and wrote the series, which is a Canadian-Hungarian co-production that was shot over three months in Budapest.

In the first episode, the spies are in France. As they embark on a dangerous mission, viewers also see the perspective of the Nazis. "Our

show has this really unique way of painting even the guys, seen as the villains, in a light of humanity," said Price, a Toronto native whose credits include the series The Dead Zone and the film Good Luck Chuck.

"You see their backstory, you see their motives — they're even justified in a way. So as you're watching it, you're torn between two sides, as crazy as it is. The viewing experience becomes much more personal as you relate to these real people in this real situation."

THE CANADIAN PRESS

Comedy. Samberg chats about cocky cop character

It's just as funny to see Jake Peralta fail as it is to see him succeed. As played by Andy Samberg on Brooklyn Nine-Nine (airing Wednesday nights on City) Peralta is a cocky, competent cop, who also seems to have the diet and lifestyle of a child. He's had a few heartbreaks this year, what with quickly falling in love with Eva Longoria's defence attorney, only to have her leave him a few episodes later, but he always seems to land on his feet.

What's coming up for Jake this season?

We're going to see an episode with him and his dad, who's played by Bradley Whitford.

We all know he left Jake as a kid, so maybe he's not the best dad?

Not the best dad ... but certainly not without his charms.

Jake always has these incredibly detailed backstories for the personas he takes on for undercover work. Do you invent any of those, or does

that all come out of the writers' room?

Writers room. They're really good, man. They write things in a way that it would seem like we were making it up because it feels really spontaneous and creative and insane, but it's better than that. It makes us all look like we're really cool and smart, but we're not. They are.

Is there much improvisation on the show generally?

Every now and again I'll come up with a really intricate zinger on set and work it into the show, but I have full faith in our writing team. They're incredible.

The cast has such a strong ensemble, but most of you guys come from comedy backgrounds. When did you realize Andre Braugher, who had been known for drama, could be such a funny guy?

It was the first line of the first table read. And the whole room just died laughing, and we were like, 'Oh, this is handled, that's done.'

LISA WEIDENFELD/METRO IN BOSTON



Andy Samberg FRAZER HARRISON/GETTY IMAGES

TOP SIX @ 6

Weeknights at 6 Kat counts down the HOTTEST songs of the day

6	Neon Dreams	Love Experts
5	Nick Jonas	Chains
4	Calvin Harris ft Ellie Goulding	Outside
3	Ed Sheeran	Thinking Out Loud
2	Mark Ronson ft Bruno Mars	Uptown Funk!
1	Taylor Swift	Style

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3 LIFE

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TRAVEL

metronews.ca
Wednesday, February 18, 2015

Twice the fun in the sun

Island hopping.

A trip that combines stops in Dominica and Barbados offers equal parts adventure and relaxation

When the urge to escape the winter grind strikes, and you don't want to just relax on the beach, you need to find a sun destination that also offers a mild dose of adventure. Enter the Caribbean islands of Dominica and Barbados, each with its own allure.

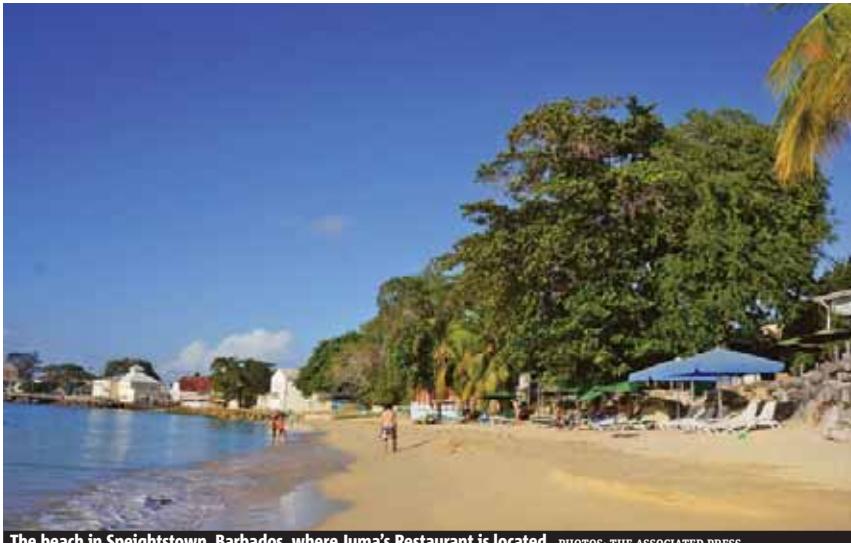
Getting dirty in Dominica

A rugged, hard-to-reach, self-proclaimed "nature island" dropped into the Lesser Antilles, Dominica is as far away from the all-inclusive Caribbean experience as you can get. Instead of bands of tranquil beaches crawling with tourists, it's covered with lush rain forest and enough trails to keep you hiking for weeks.

Climb down Wavine Cyrique, a vertical trail of tangled mangrove roots and improvised rope ladders.

You'll quickly learn that Dominica always rewards a struggle. When you reach the bottom, you'll find yourself in a scene straight out of *Pirates of the Caribbean* with a secluded black sand beach, a waterfall shooting off the cliff into the rough sea and a coconut tree swaying lazily in the breeze.

Dominica is full of small astonishments like that. After scrambling over muddy rocks and wading through rivers for an hour, you'll suddenly find yourself faced with a powerful waterfall emptying into a basin



The beach in Speightstown, Barbados, where Juma's Restaurant is located. PHOTOS: THE ASSOCIATED PRESS



Wavine Cyrique in Dominica is a tangled trail of mangrove roots and improvised rope ladders.



Hikers are rewarded with great sights in Dominica.

of turquoise water—perfect for swimming. Snorkelling, you'll not only enjoy watching neon fish and sea cucumbers, but thanks to the island's volcanic activity, you are surrounded by sparkling bubbles that give the spot its name: Champagne Reef.

At night, you can curl up in a comfortably furnished yurt at a property called Mermaid's Secret, falling asleep

to the calls of crickets and frogs.

But sometimes you need a "vacation from the vacation," as they say. Dominica's isolated natural beauty enchants, but after five days of exploring, your muscles may be tied up in knots and legs criss-crossed with scratches. Before heading back to snow, make time for that perfect beach day by tacking Bar-

bados onto your itinerary.

Beach on a budget in Barbados

Barbados is on Dominica's flight path (flights also pass through Antigua) and it's also relatively easy on the wallet. Its postcard-perfect beaches are free and public transportation is simple to navigate. Almost every time you step onto the street, a van pulls

If you go...

- Dominica.** Wavine Cyrique, located south of Rosalie. Mermaid's Secret, in Rosalie, mermaids-secret.co.uk, \$89-\$99 a night. Champagne Reef Dive & Snorkel: champagnereef.com
- Barbados.** Juma's Restaurant, No. 2 West End, Queen Street, Speightstown, jumasrestaurant.com. Oistins Fish Fry: barbados.org/oistins-fish-fry.htm

up, ready to whisk you away.

With a little legwork you can find perfectly secluded beaches in Barbados. Juma's Restaurant, in Speightstown, is an easy favourite. Pool-calm waters, an immaculate stretch of sand and free use of lounge chairs and umbrellas make it the island's best-kept secret. For an inexpensive lunch you can buy a sandwich for \$5.

On the other side of the island, try Bottom Bay. With its dramatic cliffs and foamy waters, it's clear to see why it's popular for fashion shoots. There are no restaurants nearby, so pack a picnic, but you can buy a pina colada in a fresh coconut on-site. Still, there's a time and place for crowds in the Caribbean. On Friday nights, tourists and locals alike descend on Oistins Fish Fry, an outdoor bazaar of restaurant shacks that fix up overflowing plates of fish, plantains and macaroni for \$15. As the night goes on, the music turns up, more locals join in, and the stage becomes a freewheeling dance scene where everybody shows off their moves.

THE ASSOCIATED PRESS

DEALS OF THE WEEK

✈ NON-STOP FLIGHTS from Halifax, Hotel & Transfers

Punta Cana, Dominican Republic

Bavaro Princess All Suites Resort,
Spa & Casino

All-Inclusive • Suite
Mar. 22 • 1 wk. **\$1259**

Add taxes & other fees: \$438

Riviera Maya, Mexico

Platinum Yucatan Princess All Suites
Spa & Resort

All-Inclusive • Junior suite deluxe
Mar. 29 • 1 wk. **\$1299**

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Platinum Yucatan Princess All Suites Spa & Resort

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Eggs, sausage and potatoes belong together

Brunch. This Spanish Chorizo Tortilla, which is Spain's version of an Italian frittata, makes use of pantry staples for an easy and filling meal



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

I love trying new things in the kitchen. It is fulfilling to get creative and share my passion of food with people.

That passion was my inspiration for this Spanish Chorizo Tortilla, which is the Spanish version of an Italian frittata.

This recipe is easy enough

for a weeknight meal to be served up with a crisp salad, but versatile enough to serve for brunch with family and friends.

Look for chorizo sausage in the grocery store where other cured sausages are sold. You can find mild or hot varieties.

Don't have enough eggs? Use six eggs and half a cup (125 ml) of 10% cream instead of the eight called for in the recipe.

To ovenproof a nonstick skillet that has a wooden or plastic handle, simply wrap it in foil before putting it into the oven.

Directions

1. In a large ovenproof non-stick skillet, heat oil over medium-high heat and cook potatoes, onion and garlic for 5 minutes, stirring often.

2. Add broth, reduce heat to medium-low and cover and cook for about 10 minutes or until potatoes are fork tender.

3. Uncover and add chorizo and parsley and cook, stir-



This recipe serves six to eight. EMILY RICHARDS

ring for 2 minutes.

4. In a large bowl, whisk together eggs, paprika, salt

and pepper and pour into skillet. Increase heat to medium and cook lifting edge with rubber spatula let-

ting runny egg go to the bottom for about 3 minutes or until bottom is light golden and sides are starting to set.

Ingredients

- 2 tbsp (25 ml) extra virgin olive oil
- 4 small yellow fleshed potatoes (about 1 lb/500 g), cut into 1/2 inch (1 cm) pieces
- Half small red onion, chopped
- 3 cloves garlic, minced
- 1/2 cup (125 ml) chicken or vegetable broth
- 1 pkg (250 g) chorizo sausage, sliced
- 1/4 cup (50 ml) chopped fresh Italian parsley
- 8 eggs
- 1 tsp (5 ml) paprika
- 1/4 tsp (1 ml) each salt and pepper
- 1/3 cup (75 ml) shredded Manchego cheese (optional)

5. Place skillet in 400 F (200 C) oven and bake for about 10 minutes or until knife inserted in centre comes out clean.

6. Sprinkle with cheese if using and broil for about 2 minutes or until golden on top.

Devil-may-care approach to a classic party snack

1. Heat oven to 250 F. Mist a rimmed baking sheet with cooking spray.

2. To prepare toasts, slice baguette into thin rounds. Arrange rounds in single layer on the prepared baking sheet, then mist the tops with cooking spray. Bake for 25 to 30 minutes, or until dried and crisp.

3. Meanwhile, to prepare deviled egg topping, place the eggs in a large saucepan. Add enough cool water to cover by 2 inches. Set the pan over medium-high heat and bring to a boil. As soon as the water boils, cover the pan, turn off



This Deviled Egg Toasts recipe serves eight. MATTHEW MEAD / THE ASSOCIATED PRESS

Ingredients

- Half a baguette (8 to 9 oz)
- 1 dozen large eggs
- 1/3 cup mayonnaise
- 5 tbsp unsalted butter, softened
- 1/4 cup Dijon mustard
- Zest of 1/2 lemon
- 1 tsp lemon juice
- Pinch garlic powder
- Hot sauce and kosher salt to taste
- 1/2 cup chopped crisped bacon

the heat and let sit for 12 minutes. After 12 minutes, drain the eggs and run under cold water until the eggs are cool to the touch. Let sit another 10 minutes.

4. Peel the eggs. You don't need to worry about keeping the egg whites intact. Cut each egg in half lengthwise and remove the yolks. Set 4 whites aside on a platter and reserve the rest for another use. Place all 12 yolks and the 4 reserved whites in a food processor. Pulse several times to chop.

5. Add the mayonnaise, butter, mustard, lemon zest and juice, garlic powder and hot sauce. Pulse until smooth. Taste, then season with salt. Spoon the mixture into a pastry bag or quart-size plastic bag. Snip off one corner of the bag, then squeeze to pipe some of the egg mixture onto each of the toasts. Top with pieces of bacon.

THE ASSOCIATED PRESS/ELIZABETH KARMEL, A BARBECUE AND SOUTHERN FOODS EXPERT, AND AUTHOR OF THREE BOOKS, INCLUDING TAMING THE FLAME.

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A pharmacy in your pantry

Sick? Maybe what you need to feel better is what's in your kitchen

JACQUELINE KOVACS
For Metro

Has a cold or flu got you feeling too miserable to even go to the drug store for some over-the-counter meds?

If so, just shuffle to your kitchen, where you can find ingredients to create your own soothing remedy.

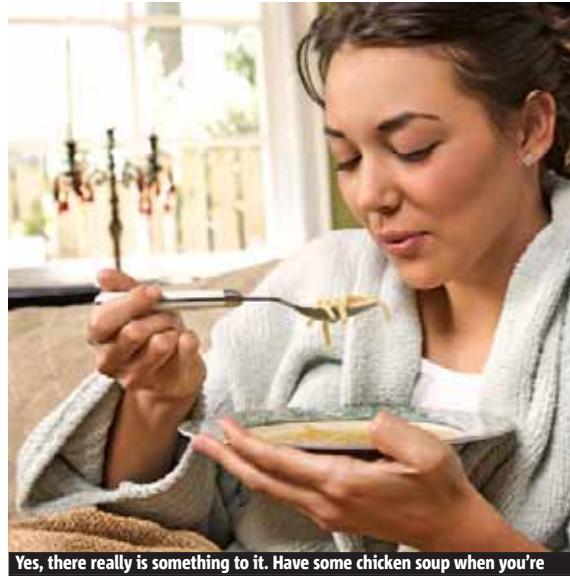
Honey

Who needs cough syrup when you've got honey? Studies have shown this sweet spread to be just as effective as dextromethorphan, the cough suppressant commonly used in over-the-counter cough medicine.

Mix honey with hot water and lemon and it'll soothe your throat, too.

Chicken soup

"There is total validity to chicken soup to help fight colds



Yes, there really is something to it. Have some chicken soup when you're sick. SHUTTERSTOCK

and flu," says Bryce Wylde, alternative health expert and medical director at P3 Health in Toronto, "but it really has to be true chicken soup with real chicken stock."

Green tea

A steaming cup of green tea not only helps keep you hydrated, which Wylde says is key when battling a seasonal bug, but it will also give your



A dose of green tea will keep you hydrated and give your body antioxidants. SHUTTERSTOCK

wearily body a nice dose of antioxidants.

This will help neutralize the free radicals that come along with colds and the flu. Adding a squeeze of lemon to

your tea, says Wylde, boosts your brew with limonene and a hit of vitamin C.

Mustard

Loosen congestion with a

Did you know

It's called "the common cold" for a reason — it's the most common ailment in the world. Some 200 types of viruses cause the common cold, and experts estimate that by age 75, most of us have spent a total of two years coughing and sneezing.

mustard plaster. Combine one part mustard powder with two parts flour, and add just enough water to make a paste.

Spread the mixture into a tea towel, fold the towel in half and apply to your chest — never put the plaster directly on your skin. Check regularly to make sure your skin doesn't get irritated.

Salt

Relieve and help banish your sore throat by gargling with 1/2 teaspoon of salt dissolved in a glass of warm water a few times a day. Saltwater gargles can also help you get rid of phlegm.



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Scotties

Manitoba's Jones proving gold-medal credentials

Manitoba's Jennifer Jones is showing why many consider her the skip to beat at the Scotties Tournament of Hearts.

She's winning close games when she needs to and is blowing out opponents too. Jones and her team remained unbeaten at 6-0 Tuesday with a comfortable 9-3 victory over Quebec's Lauren Mann at Mosaic Place.

"We find that everyone always brings their best game against us," said third Kaitlyn Lawes. "It's exciting because it keeps us on our toes and we have to be ready for every single game that we play out here."

The Winnipeg-based team has outscored the opposition 51-24 over its six victories.

Alberta's Val Sweeting was also unbeaten through 10 draws after defeating British Columbia's Patti Knezevic 10-5 in the evening draw.

Team Canada's Rachel Homan is 5-1 after toppling Heather Strong of Newfoundland and Labrador 11-5.

Nova Scotia's Mary-Anne Arsenault is now 2-5 after falling 6-5 to Saskatchewan's Stefanie Lawton on Tuesday night.

THE CANADIAN PRESS

AUS women's hockey

Tommies tame Tigers in Game 1

The St. Thomas Tommies gave the Dalhousie Tigers a 7-3 romping Tuesday in Game 1 of their best-of-three quarter-final Atlantic University Sport playoff series.

Maggie Beaton scored an unassisted goal in the second, while Jennifer Thompson and Elizabeth Macarthur added goals in the third, but it wasn't enough for the Tigers on the road in Fredericton.

The two teams face off for Game 2 on Thursday, but this time the Tigers have home ice advantage, with puck drop at 7:30 p.m. at the Halifax Forum.

The Saint Mary's Huskies face off for their first quarter-final series game against the UPEI Panthers at 7 p.m. on Wednesday at Alumni Arena in Halifax.

METRO

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METRO

Meier, Ehlers keep streaks alive in loss

QMJHL. Mooseheads pair stay red hot in loss on road in Moncton

KRISTEN LIPSCOMBE
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The dynamic duo was at it again Tuesday night.

Timo Meier scored twice, both times assisted by Nikolaj Ehlers, to help give the Halifax Mooseheads a solid lead in the second period before the first-place Moncton Wildcats came back to steal the 3-2 win in overtime.

Conor Garland scored both regulation markers for the Wildcats and assisted on Ivan Barbashev's game-winning power-play goal at 3:56 in the extra frame.

"We're not happy with the outcome," Mooseheads assistant coach Jim Midgley said just before getting on the team bus. "But we played a good 60 minutes."

"In overtime, we didn't like the result," he said. "A penalty is a penalty and ... you can't give those chances on the power play in overtime."

"Overall, we're happy with

Quoted

"It's a big point on the road. We're happy with that and we'll move along and get ready for Thursday."

Mooseheads assistant coach Jim Midgley



Mooseheads forward Timo Meier gets tripped up by Olympiques defenceman Elie Berube in Gatineau last October. Meier notched both of Halifax's goals, extending his points-scoring streak to 24 straight games, but the Mooseheads still fell 3-2 in overtime to the Moncton Wildcats on the road Tuesday night. FRANCOIS LAPLANT/FREESTYLE PHOTO/GETTY IMAGES FILE

the effort," Midgley said.

The Herd still earned a point in the overtime loss, climbing into third place in the Maritimes Division and ninth place overall in the QMJHL.

Tuesday night's game had two more positives — both Ehlers and Meier extended their point-scoring streaks. Meier, 18, is now at 24 games straight. Ehlers, 19, has now topped Jonathan Drouin's franchise record with points in 30 straight games.

"It's great for them, to set

some new team records, and keep the point streaks alive," Midgley said.

Goaltender Kevin Resop was solid between the posts Tuesday, turning away 26 pucks and making several key saves in front of 3,540 fans at the Moncton Coliseum.

The Mooseheads bench was less full than usual for the big game against the Q-league's top team, with head coach Dominique Ducharme staying back in Halifax while recovering from the flu.

Defenceman Sam Hunter, along with forwards Andrew Shewfelt and Vincent Watt, were also out sick, while forward Jordan King and netminder Eric Brassard are still out with injuries.

"We played one forward short tonight," Midgley said. "We didn't want to ... spread it through the bus."

"We've got to keep these 19 guys that we've got right now healthy, and hopefully we can get some more bodies back on Thursday."

NHL. Ovechkin's Caps trump Pens in Pittsburgh

Alexander Ovechkin picked up his NHL-leading 37th goal and assisted on Joel Ward's winner with just over four minutes remaining to lift the Washington Capitals to a 3-1 win over the Pittsburgh Penguins on Tuesday night.

Ovechkin beat Marc-Andre Fleury on a breakaway in the first period. He then helped set up Ward's first career goal against the Penguins as Washington improved to 3-0 against Pittsburgh. John Carlson added a short-handed empty-net

goal with 11 seconds remaining.

Braden Holtby made 30 saves for the Capitals, who pulled within a point of the third-place Penguins in the crowded Metropolitan Division.

Steve Downie collected his 10th goal of the season for Pittsburgh. Marc-Andre Fleury stopped 29 shots but surrendered a pair of power-play goals, including Ward's in a 5-on-3 with 4:13 to play.

THE ASSOCIATED PRESS



Alexander Ovechkin scores a lovely goal, his 37th of the season, on Marc-Andre Fleury in the Capitals' 3-1 win on Tuesday night in Pittsburgh. KEITH SRAKOCIC

4
SPORTS

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*Based on total Automobile Journalists Association of Canada (AJAC) Category wins (various) up to the 2014 model year. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. †Finance Pricing for new 2015 Mazda3 GX (D4XK65AA00) is \$17,190 financed at 1.99% over 84 months equals 182 bi-weekly payments of \$97 with \$0 down payment, cost of borrowing is \$548 with a total obligation of \$17,738. As shown, Finance Pricing for new 2015 Mazda3 GT (D4TL65AA00) is \$27,290 financed at 1.99% over 84 months equals 182 bi-weekly payments of \$157 with \$0 down payment, cost of borrowing is \$882 with a total obligation of \$28,172. Offers include \$500 finance cash. Offers include freight, P.D.E. and fees. Offers exclude PST/GST/HST. #Offer available on retail leases of new 2015 Mazda3 GX (D4XK65AA00) with a lease APR of 2.99% and 130 bi-weekly payments of \$88 for 60 months, the total lease obligation is \$11,505, including down payment of \$0. As shown, Offered Pricing for new 2015 Mazda3 GT (D4TL65AA00) with a lease APR of 2.99% and 130 bi-weekly payments of \$150 for 60 months, the total lease obligation is \$19,542, including down payment of \$0. Offers include \$500 lease cash. Lease payments include freight and P.D.E. of \$1,695. 20,000 km per year mileage allowance applies; if exceeded, additional \$8 per km applies. Offers exclude PST/GST/HST. Offered leasing available to retail customers only. Licence, insurance, dealer administration and other fees, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid February 3 - March 2, 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

2015 Ford Fusion Energi	Market position	Points	Notable features
<ul style="list-style-type: none">Type. FWD, four-door, mid-size, plug-in hybrid electric vehicle (PHEV)Engine. 2.0-litre I4/Permanent Magnet AC (195 combined output).Transmissions. CVT automatic.Price. \$39,999/\$48,939.	<ul style="list-style-type: none">One of the most fuel-efficient midsize sedans you can buy; rated at 2.7 L/100 km equivalent combined gas and electric.\$9,000 more than a comparably equipped “non-plug-in” Fusion Hybrid.Appealing to those who need/want full EV mode for short trips, but also need/want a vehicle for longer trips, without range anxiety.	<ul style="list-style-type: none">Powertrain similar to Fusion Hybrid, except for larger capacity lithium-ion battery pack, which takes up half the trunk.Electric-only top speed is more than highway-capable at 137 km/h.Electric-only range with a fully charged battery is about 30 kilometres.	<ul style="list-style-type: none">Standard MyFord Mobile mobile app to remotely monitor charging status.Plug-in port features cool-blue light ring that pulses when charging.Top-shelf Titanium model features 10-way power driver and passenger seats, inflatable rear seat belts, and super classy 17-inch aluminum wheels.

Ford's plug-in hybrid bristles with tech



Review. Ford Fusion Energi works as a hybrid, EV, and as a totally usable and good-looking sedan

MIKE GOETZ
drive@metronews.ca

Plug-in hybrids have yet to develop an identifiable personality and/or critical following. To most of us, they are little more than technical curiosities.

But they offer something neither a regular hybrid nor a full EV can deliver: You get to decide how much of the EV religion you want to partake of — plug in and turn on if you want to; plug out and turn off if you're not feeling it.

Truth be known, I wasn't exactly feeling it during the week of our test with the 2015

Ford Fusion Energi (top-shelf Titanium trim level), because frigid February temperatures robbed about a third of the potential 30-kilometre range available in the Energi's lithium ion battery pack after a full night's charge.

And to get that charge, I had to run a very long electrical cord through the snow from a back-of-the-house outlet. To top it off, gas was cheap that week. Nonetheless, I plugged in and felt good about it.

It's entirely possible to drive the Energi normally so it will deplete its electrical charge before firing up its gas engine and retreating to normal hybrid mode. The Energi can go quite fast — 137 km/hr — in pure electric mode.

In a regular hybrid, you might get two to three kilometres of pure EV mode, so the gas engine kicks in before you've even figured out your radio selection. But the Energi



If you are of the opinion that cars are already too computerized, this might not be your ride.

gives you enough EV range for a total EV commute (if it's not too long), and for a real EV experience, that smooth, silent, and (virtually) carbon-free propulsion which feels like The Future.

It's other main party trick is that it also gives you every-

thing the normal Fusion does, namely terrific looks, real five-passenger seating, and excellent ride dynamics, though you do feel the extra weight of that bigger battery, and overall power is not overwhelming.

Inside is a full complement of switches and information

Compare
1 Toyota Prius Plug-in Base price: \$37,425 Less electric-only range, proven performer.
2 Chevrolet Volt Base price: \$39,995 All-new 2nd-gen 2016 Volt coming later this year.
3 2016 Mitsubishi Outlander Plug-in Base price: TBA Best-selling PHEV in Europe comes here next year.

displays, and then some, to keep you abreast of charging, depletion, range, regenerative braking, etc. There is even a coaching function to help leverage EV modes. After a bit of initial tech shock, you start to explore the functions and see that it will still be possible to be the master of your domain, without resorting to screaming and/or manual consulting.

The only downsides appear to be cost, which can be partially overcome with provincial green car rebates, and a trunk dominated by the battery pack. Taking two other hockey pals to our weekly pick-up game meant two hockey bags had to go in the back seat; the trunk only held one. On the way back, we mutually decided that hockey bags really need to go in the trunk.

5 DRIVE

Demographics play into new car features

Driving Force. Ford is tracking worldwide trends in or to build technology for universal needs

JIL MCINTOSH
drive@metronews.ca

What does it take to build a car that people want to buy?

Along with the mechanical components, automakers also look at non-automotive things, including how different generations react to such diverse items as food, phones, and health care.

Ford recently released its third annual report on

trends, which it uses to try to understand the needs of different buyers, including the emerging Generation Z.

"It's really a discussion starter and a primer for brainstorming," says Sheryl Connelly, Ford's global trends and futuring manager.

"I'm often asked if you can draw a direct line from a trend to a new feature, but

it's not always that linear.

"You can use this many ways, and it could lead to new ideas, but more commonly it becomes part of the business case of why something should be added to a car."

A major issue with vehicles is that they can take three years or more from concept to marketplace, while consumer trends and prefer-

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Vehicle companies are often racing to keep up with ever-changing trends in technology. **CONTRIBUTED**

ences can change dramatically in that time.

"We try to imagine the future that has yet to be imagined by anyone else, and that's where we use tools like tracking global trends to understand how things could change," Connelly says.

"I'll try to identify a trend and determine if it has staying power."

It's especially difficult to build and market a car that appeals to multiple generations. Baby boomers saw a car as their gateway to adulthood, Connelly says, while for millennials, cellphones give them freedom and access.

In addition to its own work, Ford is reaching out to external collaborators to come up with new apps for vehicle infotainment systems, including a one that sends a text to everyone in

the driver's social circle asking them not to send any messages until they receive confirmation that the driver is at his or her destination.

Carmakers don't just look at the market where they're designing and building a car, but rather at society worldwide to see what the future may hold.

They also have to consider an aging population: Every seven seconds in North America, someone turns 65.

"You think about how reduced response time, impaired vision and limited range of motion could affect how we engineer the vehicles," Connelly says.

"But while we might have been inspired for these by aging drivers, we would never market it that way. We use universal design so it appeals to all drivers of all ages and physical conditions."

History of innovation

- In 2007, Ford was the first automaker to participate in the Consumer Electronics Show in Las Vegas.
- Before a feature is added, it has to prove its worth to consumers and remain

within the vehicle's development budget.

• Planners look at social, technological, economic, environmental and political trends, known as STEEP.

A bespoke collection driven by delicate silk



An interior sketch of Rolls-Royce's latest bespoke creation. ROLLS-ROYCE/AFP

Hot wheels. Rolls-Royce to bring new Serenity to Geneva motor show

Rolls-Royce is a company that knows a thing or two about luxury and elegance, and for the latest bespoke creation, gracing its stand at the Geneva International Motor Show, it's promising to set a new stan-

dard in both

Each of the company's bespoke collections takes its inspiration from a different source. In 2014, these sources were as varied as world water speed record breaker Donald Campbell and the dominant architectural themes permeating the world's most cosmopolitan cities.

For its latest creation, Serenity, Rolls-Royce has chosen to

celebrate silk — its delicacy, its symbolism (wealth, power, royalty) — and of course, the difficulties presented to even the best craftspeople when trying to create with the material.

The show car's interior promises to be a modern interpretation of the opulent cabins of classic Rolls-Royces specified by kings, queens and emperors, and will combine complex Japanese silk embroidery techniques.

niques with a number of contemporary features.

As well as a new bespoke model, which the company claims will set a "new benchmark in super-luxury motor cars," Geneva is also expected to be the venue where Rolls-Royce takes the wraps off its next production car, which is expected to be a convertible version of its Wraith luxury GT coupé. **AFP**

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Highline model shown

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*Limited time finance offer available through Volkswagen Finance, on approved credit based on a new and unregistered 2015 Tiguan 2.0T Trendline / Jetta 2.0L Trendline / Passat 1.8T Trendline base model with 6/5/5-speed manual transmission. Base MSRP of \$26,600/\$16,385/\$25,370, including \$1,610/\$1,395/\$1,395 freight and PDI, financed at 0% APR for 36 months equals 78 bi-weekly payments starting from \$292/\$188/\$291. \$2,850/\$1,000/\$1,700 down payment. Cost of borrowing is \$0 for a total obligation of \$25,550/\$15,635/\$24,370. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **\$1,000 discount on MSRP available on cash purchase, finance or lease of all new and unregistered 2015 models and cannot be combined with any other cash offer. †Lease payments of \$218/\$161/\$215 on the Tiguan/Jetta/Passat must be made on a monthly basis and cannot be made bi-weekly. Bi-weekly payment amounts shown include \$2,000/\$1,000/\$1,000 discount. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Tiguan 2.0T Trendline / Jetta 2.0L Trendline / Passat 1.8T Trendline base model with 6/5/5-speed manual transmission. \$1,610/\$1,395/\$1,395 freight and PDI included in monthly payment. 48-month term at 1.9% APR. \$3,340/\$1,029/\$3,694 down payment, \$270/\$210/\$270 security deposit and first monthly payment due at lease inception. Total lease obligation: \$13,804/\$8,757/\$14,014. 64,000-kilometre allowance; charge of \$0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ‡2015 Volkswagen Tiguan 2.0T 4MOTION® received a 5-star side-crash rating while the Jetta 4 DR FWD received a 5-star overall rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. # \$2,000 discount on MSRP available on cash purchase, finance or lease of a new and unregistered 2015 Tiguan and cannot be combined with any other cash offer. §The 2015 Jetta/Passat was awarded a Top Safety Pick from the IIHS (Insurance Institute for Highway Safety). To qualify for a Top Safety Pick, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests, as well as a good or acceptable rating in the small overlap front test. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers valid from February 13 to 23, 2015 at Ontario and Atlantic dealers only and are subject to change or cancellation without notice. Models shown: 2015 Tiguan 2.0T Highline R-Line, \$41,240 / 2015 Jetta 1.8T Highline, \$25,990 / 2015 Passat 1.8T Highline, \$31,295. Vehicles shown for illustration purposes only and may include optional equipment. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Tiguan", "Jetta" and "Passat" are registered trademarks of Volkswagen AG. © 2015 Volkswagen Canada.

Shift: From hybrids, technology, new vehicles and the environment

Sonata plug-in hybrid may allow many drivers to turn off the gas

Korean automaker Hyundai rolled out its 2016 Sonata Plug-in Hybrid at the recent auto show in Detroit, saying it will travel up to 35 kilometres on battery power alone before the four-cylinder gas engine comes into the picture. The company says many short-distance drivers, particularly those in urban areas, will be able to get through most days without having to engage the car's 154-horsepower engine. The lithium polymer battery pack gives it an all-electric range that is about twice that of the current Toyota Prius when driven in EV Mode. The vehicle will be built in South Korea and go on sale in select markets later this year. No price was announced.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

The 2016 Hyundai Sonata hybrid will travel 35 kilometres on electricity alone before the gas engine is required.



Bolt EV would embrace affordability

Knowledge gained by Chevrolet in producing its Volt and Spark electric vehicles has allowed General Motors to make "tremendous strides" in technologies that make it easier, and more affordable, for customers to buy into the all-electric movement. Enter the Bolt EV Concept, an electric compact designed to offer 320 kilometres of range and starting at about \$37,000. It's designed "for attainability, not exclusivity," said GM CEO Mary Barra, who added that electrification "is a pillar for future transportation, and needs to be affordable for a wider segment of customers." Barra didn't say if GM will put the Bolt into production, but with a send-up like that, how could they not?



The Bolt is just a prototype, with GM studying its feasibility. The key selling points are a 320-km range and a price of about \$37,000.

Shift points

- With steel and aluminum giving way to carbon composite materials that are lighter and stronger, scientists are looking at ways to build cars using cotton and other botanical fibres that can be formed into new types of hybrid composites.
- Hyundai showed its hydrogen-powered Intrado concept at the recent Montréal International Auto Show, for the first time in North America. Named for the underside of an airplane's wing that provides aerodynamic lift, it sports a carbon-fibre frame, lightweight parts and Hyundai's latest hydrogen fuel-cell powertrain.
- Utah-based Via Motors has passed U.S. environmental certification, allowing it to deliver its range-extended electric vans, pickups and sport-utility vehicles to fleet customers.

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

There's an air of mystery about you right now, and others are having a hard time working out what you are up to. Chances are you're not up to much, but it amuses you to have them think otherwise.

♉ Taurus

April 21 - May 21

Focus on your dreams and wishes and don't worry if they seem a bit far-fetched. Today's new moon makes all things possible, so aim high.

♊ Gemini

May 22 - June 21

The sun's move into the career area of your chart today means you can win friends and influence people, if you make the effort.

♋ Cancer

June 22 - July 23

Should you stay quiet on an issue you have strong opinions about, just to keep things calm? No, you should not. Speak up and let the world know what you believe.

♌ Leo

July 24 - Aug. 23

If your sixth sense tells you that someone is not to be trusted you must not ignore it. Err on the side of caution.

♍ Virgo

Aug. 24 - Sept. 23

As the sun moves into the relationship area of your chart today you will need to start working more closely with certain individuals. In the long term it will be worth it.

♎ Libra

Sept. 24 - Oct. 23

Try not to push yourself quite so hard over the next few days. You can save a lot of time and energy by learning from other people's mistakes.

♏ Scorpio

Oct. 24 - Nov. 22

The sun moves into the most dynamic area of your solar chart today, marking the start of a much more upbeat phase in just about every area.

♐ Sagittarius

Nov. 23 - Dec. 21

The cosmic changes now taking place will help you get to grips with issues that have been causing you grief. Time to move on.

♑ Capricorn

Dec. 22 - Jan. 20

Aim to be on the move today because it is the people you meet along the way who will make things happen for you.

♒ Aquarius

Jan. 21 - Feb. 19

It will pay you to be friendly to everyone you meet today, even those who have not always been friendly to you in the past. Your most pressing concern now is to make some extra money.

♓ Pisces

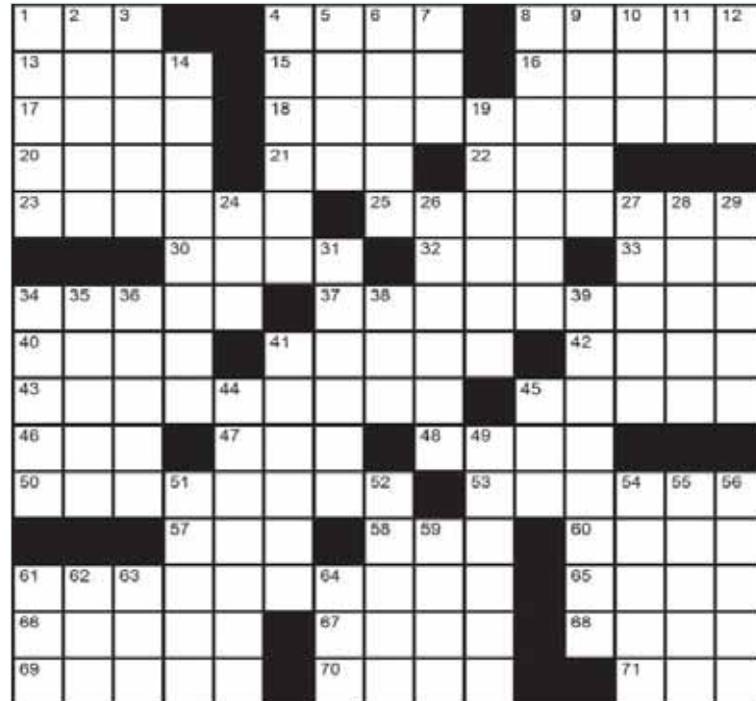
Feb. 20 - March 20

This is a hugely important day for you. Not only is there a new moon, but the sun's move into your sign means a new start is possible. How and where in your life would you like to wipe the slate clean?

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- English horn, __ anglais
- Land measure, e.g. 8. Mr. Nicholson's
- With: French
- Old Testament twin
- Mixtures
- Biblical peak
- Quebec municipality on Lac-Saint-Pierre
- Mr. Hershiser
- Pup's bark
- Palm's place, pun-ly
- I ____ Pieces
- Crystal ___, Juno-winning country singer
- Cut __ (Dance)
- One: Spanish
- Poet's "atop"
- Glad
- Online shopper's selecting-stuff button: 3 wds.
- Regrettably
- Self-respect
- Mr. Carrey's
- Governor General of Canada spouse's title, __ Consort
- Salon product
- Fair-hiring letters
- Hole-punching tool
- British singer Ms. Henderson
- Hall of Fame's new member
- New __ (Big Apple denizen)
- Feminine pronoun
- Basic learning, informally
- Bout ender, informally
- King found in that parking lot in England in 2012: name + Roman Numeral
- Poet Mr. Pound



- Grande ___, Quebec City's popular street
- Australian band
- Transportation mode
- Bagpipes sound
- Teas: French
- Uncle on Family Ties

- ____ soup (Pantry item)
- Turn __ new leaf
- Ms. Wilson
- Bachman-Turner Overdrive song: 2 wds.
- Mr. Morales
- Bivouacs
- Q. "Is ' ___ ' French

- pronoun?" A. "Oui."
- Face/Off (1997) director: 2 wds.
- Saskatchewan village
- U.S. President, to the mil.
- __-i-Noor Diamond
- Compass dir.
- Slump

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	7	9	5	6	8	3	2
6	3	5	1	2	8	4	7	9
2	8	9	3	7	4	6	1	5
9	6	4	2	1	3	5	8	7
7	1	3	8	4	5	2	9	6
8	5	2	6	9	7	3	4	1
5	7	6	4	3	1	9	2	8
4	9	8	7	6	2	1	5	3
3	2	1	5	8	9	7	6	4

3		7		1
9				6
	3	5		
6	2		4	
	3			5
5			6	4
	1	2		7
8			9	4

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